

# An International Webinar On Physical And Mental Health Management With Yoga And Meditaion



09-May-2020  
Time: 02:30 P.M.



**Chief Patron**  
**Prof. (Dr.) Vandana Sharma,**  
Director, Higher Education, U.P.



**Patron**  
**Prof. (Dr.) R. P. Yadav**  
Principal, GDC, Bilaspur



**Key Note Speaker**  
**Dr. Rakesh Tomar**  
Faculty, King Fahad University  
of Petroleum and Minerals, Saudi  
Arabia.



**Organizing Secretary**  
**Dr. Neelima Singh**  
IQAC Co-ordinator  
GDC, Bilaspur



**Joint Organizing Secretary**  
**Gaurav Kumar**  
M.B.A, Dublin  
Business School,  
Ireland

**Organized by**  
**Govt. P.G. College,**  
**Bilaspur, Rampur (U.P.)**

**Zoom Meeting ID:**  
**723 4624 0620**  
**Password: 5DxLMu**

## **Organizing Committee**

Dr. P. K. Garg  
Prof. I. B. Mohapatra  
Dr. Abdul Latif  
Dr. Nisha Verma  
Dr. Hamant Kumar  
Dr. Neet Behari Lal  
Dr. Shivom Sharma  
Dr. Vandana Rathore  
Dr. Avtar Dixt  
Mr. Divyanshu Kumar Singh  
Mr. P.S. Anand





# An International Webinar On



## Physical And Mental Health Management with yoga and Meditation

Saturday, 09th May 2020 Time : 02:30 P.M.

### WEBINAR SCHEDULE

02:30 P.M. To 02:35 P.M.	Introductory Address	Dr. Neelima Singh Organizing Secretary
02:35 P.M. To 02:40 P.M.	Welcome Address	Prof. (Dr.) R.P. Yadav Principal/Patron, Govt. P.G. College, Bilaspur (Rampur)
02:40 P.M. To 02:45 P.M.	Chief Guest Address	Dr. Vandana Sharma Chief Patron, Director Higher Education, U.P.
02:45 P.M. To 02:50 P.M.	Guest of Honour	Dr. Santosh Kumar Retd. Principal Agra College, Agra
02:50 P.M. To 02:55 P.M.	Key Note Speaker Achievement	Mr. Gaurav kumar M.B.A., Dublin Business School, Ireland
02:55 P.M. To 03:10 P.M.	Key Note Speaker Address	Dr. Rakesh Tomar Faculty, King Fahad University of Petroleum and Minerals, Saudi arabia

Patron  
Prof. (Dr.) R. P. Yadav  
Principal, GDC, Bilaspur

Joint Organizing Secretary  
Gaurav Kumar  
M.B.A, Dublin  
Business School, Ireland

Dr. Neelima Singh  
IQAC Co-ordinator,  
GDC, Bilaspur



# Programme Schedule



## Instructions for Joining Webinar:

1. Install Zoom app from Google play store
2. Ensure stable network connection
3. Please note that upon joining keep your audio muted
4. In case of any query please type your question in the chat box
5. Speakers and participants are humbly requested to follow the allotted time schedule

## Detailed Programme

### Technical Session-I (03:15 PM-04:15 PM)

(Max time limit: Faculty- 02 minutes)

S. No.	Designation	Title of the paper	Name
1	Resource Person	Stress Management Through Yoga	Dr. Nibu R. Krishna, Asst. Prof. (Dept. of Yogic Sciences), LNIPE, Gwalior
2	Speaker	*योग का शारीरिक एवं मानसिक स्वास्थ्य पर प्रभाव*	Dr. Subhash Hardikar Asst. Prof, क्रीडा अधिकारी शासकीय कला एवं वाणिज्य महाविद्यालय सागर (म.प्र.)
3.	Speaker	The Emerging Socio-Psychological Paradigm in the Covid-19 context	Prof. I. B. Mohapatra, Assoct. Prof. Govt. P.G. College, Bilaspur- Rampur U.P.
4	Speaker	योग अध्यात्म शारीरिक और मानसिक स्वास्थ्य	Dr. Rajni Rani Agarwal, Associate Prof., Govt. Girls PG College, (Rampur)
5	Faculty	"Relevancy of cyber platforms for education during COVID-19 with special reference to physical and mental health	Dr. Sushil Kumar, Associate Prof., Deptt. Zoology Govt. PG College, Bisalpur (Pilibhit)
6	Faculty	Effects of yoga on General Health of College girls Affected with pre Menstrual Syndrome	Dr. Prem Lata, Associate Professor, Dept. Phy. Edu. CISKMV Fatehpur Pundri Distt. Kaithal Haryana
7	Faculty	How to be fit Being at Home in This COVID-19 Time	Dr. Updesh Verma, Asst. Prof. MKRGDC, Ghaziabad
8	Faculty	Role of mental will Power to Improve Your Immune	Dr. Vinod Bahadur Singh, Associate Prof., Govt. P.G.College, Obra Sonebhadra U.P.
9	Faculty	Yoga is the best way of Manage physical and Mental Health	Dr. Shivendra Bath Dubey, Asst. Prof., Dept. of Commerce, Smp Government Girls Degree College Vallia

10	Faculty	Importance of Yoga and Meditation for Human Health	Dr. Ritu Shukla, Govt. Degree College, Tilhar, Shahjahanpur
11	Faculty	Mental Peace: Most Important Part of Life	Dr. Seema Teotia, Associate Prof., H.O.D. Physics, Govt. Raza PG College, Rampur
12	Faculty	Program Your Mind Through NLP	Mr. Dinesh Atmaram Borase, Asst. Prof. RCPET'S Institute of Management Research and Development, Shirpur, Dhule (M.S.)
13	Faculty	Yoga and Covid-19	Dr. Saraswati, Asst. Prof. Govt. P.G. College Bhojpur, Moradabad
14	Faculty	Meditation	Dr. Vandana, Asst. Prof. Dept. of Hindi, Govt Girls Degree College, Budaun
15	Faculty	स्वास्थ्य प्रबंधन में योग और ध्यान की महत्ता ।	Dr Neet Behari Lal, Asst. Prof. Govt. PG College, Bilaspur (Rampur)
16	Faculty	Contribution of Physical Activities to Achieve Sustainable Goals During and After Covid -19	Dr Arvind Bahadur Singh, Asst. Prof. SM College, Chandausi
17	Faculty	Physical Development During the Covid-19	Dr. Pravesh Kumar, Associate Prof. Dept. Of B.Ed, Govt. Raza P.G. College, Rampur, Khushboo bagh Rampur
18	Faculty	तनाव प्रबंधन में सोशल मीडिया की भूमिका	Dr. Kaushlendra Vikram Singh, Asst. Prof. Dept. Of Sociology Govt. Degree College, Pihani Hardoi
19	Faculty	Corona virus outbreak : Boost your immunity	Dr. Nisha Verma, Asst. Prof. Govt. PG College, Bilaspur (Rampur)
20	Faculty	The role of yoga in mental health	Dr. Ajay Vikram Singh, Asst. Prof. Dept. Of Geography, Govt. Raza PG College Rampur
21	Faculty	How to Develop the Physical and Mental Health of our Students During Countrywide Lockdown	Dr. Sanjeev Rathore, Associate Prof. Dept. of Physics, Govt. Degree, College, Badaun
22	Faculty	Stress Management and Yoga	Dr. Sarvesh Mani Tripathi, Asst. Prof. Dept. of English Govt. Degree College, Kursanda, Hathras, UP
23	Faculty	Yoga and Health :Fit India Movement	Dr Prahlad Singh, Asst. Prof. Govt Model Degree College, Kursanda, Sadabad (Hathras)UP 281306
24	Faculty	लॉक डाउन के कारण वर्क ठूहोम से तनाव एवं तनाव निवारण	Dr. Amit Agarwal, Asst. Prof. Dept. of Commerce, Near Veterinary Hospital Kashipur 244713
25	Faculty	Role of yoga and Meditation in our Women's Life	Dr. Anumeha Srivastava, Asst. Prof. Govt. Degree College, Hansate,

			Barabanki
26	Faculty	Changing Perceptions and Cognitive Reframing During Covid-19 Outbreak	Dr. Kamala Dhaulakhandi, Bhardwaj Associate Prof. Dept. of Sociology, S.B.S.Govt. P.G.College, Rudrapur (U.S.N.) Uttarakhand
27	Faculty	Yoga and Meditation in Promoting Mental and Physical Health.	Mohammad Akif Taufique, Asst. Prof. Govt. Girls PG College, Aurai Bhadohi
28	Faculty	Yoga	Dr. Pandit G. Banne, Asst. Prof.
29	Faculty	"In Present Senerio:Role of Yoga and Meditation for Good Health"	Dr. Uma Gupta Asst. Prof. Jyoti College of Menagment Science and Technology Bareilly
Break			



## Technical Session –II

Technical Session II (04:20 PM–05:20 PM)



S. No.	Designation	Title of the paper	Name
1	Resource Person	Psychic Well Being and Immunity	Dr. Lalitha Gaurav, Asst. Prof. Dept. of Yogic Science, LNIPE Gwalior
2	Speaker	Covid-19 के लिए प्रतिरोधक क्षमता बढ़ाने के उपाय	Dr. S.S. Yadav, Associate Prof. Govt. Raza P.G.College, Rampur (U.P.)
3	Speaker	Health and Happiness Through Yogic Behaviour	Dr Ajay Kumar, Asst. Prof. Physical. Education, R. B. A. Govt. Degree College, Gajraula
4	Faculty	Fear & Anxiety with Respect to Managing Personal Finance : A Study	Dr. Vikas Pradhan, Govt P.G.College Bisalpur Pilibhit U.P.
5	Faculty	Advantage of Meditation	Subah Singh Yadav Former Learning Head, Baroda Academy, Bank of Baroda, Jaipur
6	Faculty	Yoga and mental health	Dr. Ratan Singh, Asst. Prof. Km. Mayawati Govt Girls PG college, Badalpur Gautam Budh Nagar UP
7	Faculty	To Make India Jagat Guru Through Yoga	Dr. Mujahid Ali, Asst. Prof. Dept. of Phy. Edu. Govt Raza PG College, Rampur (U.P.)
8	Faculty	Physical & Mental Health Management With Yoga & Meditation"	Dr Savita Vitthalrao Bhosale, Director of Phy. Edu., Smt Akkatai Ramgonda Patil Kannya Mahavidyalaya, Ichalkaranji
9	Faculty	Helth Management Issues In Andhra Pradesh	Dr. Janardhana Rao, Associate Prof. Nidamaluri, Janardhana Rao
10	Faculty	" योग द्वारा मनोशारीरिक स्वास्थ्य प्रबन्धन "	Dr. Sunita Jaiswal, Associate Prof. Govt. Girls P.G. College, Rampur



11	Faculty	A Temporal and Spatial Analysis of Health Conditions in Badlapur Block, District Jaunpur, U.P.	Babita Shukla Research Scholar, V.B.S.Purvanchal, Jaunpur, Uttar Pradesh
12	Faculty	Waste Management	Dr.A.Venkateswaran, Asst. Prof. Dept. of Commerce, Ambai Arts college, Ambasamudram
13	Faculty	Covid-19	Riyaz Azizoddeen, 6heikh Teacher in D.Ed Dept., Rajarshi shahu Mahavidyala Deolali Pravara
14	Faculty	शारीरिक और मानसिक स्वास्थ्य में योग और ध्यान का मनोवैज्ञानिक प्रभाव	Dr. Sabiha Parveen, Associate Prof. Govt. Mahila PG College, Rampur (U.P.)
15	Faculty	Impact of Yoga in Daily Life	Dr Mahadeo Vishnu, Asst. Prof. Mate College of Education, Barshi
16	Faculty	Yoga Education and Mental Health	Dr. Mahadeo sadashiv, Asst. prof. Dept. of Education, Disale College of Education, Barshi Distt. Solapur
17	Faculty	Redefining Ashtang Yoga during COVID 19	Dr. Geeta Rani Sharma, Associate Professor
18	Faculty	कोरोना काल में योग के द्वारा मानसिक तनाव से मुक्ति	Dr. Shivom Sharma, Asst. Prof. Govt. PG College, Bilaspur (Rampur)
19	Faculty	Yoga –Total being	Dr Renu Tomar, Associate Prof., Dept. of Physical Edu., Maharana Pratap Govt. PG College, Bilsa Badaun UP
20	Faculty	Bhramari Pranayama Effect on Behavioral Problem on Adolescent	Dr. Manoranjan Tripathy, Reaserch Associate Prof. Dev Sanskriti Vishwavidyalaya, Department of Psychology, Gayatrikunj, Shantikunj, Haridwar
21	Faculty	“Reduce the Stress of COVID-19 Through Yoga and Meditation “	Dr. Avtar Dixit, Asst. Prof. Govt. PG College, Bilaspur (Rampur)
22	Faculty	Happiness Inner or Outer	Jayanti Goyal, Research Scholar RTU Kota
23	Faculty	Effect of Deep Relaxation Technique on stress Management of B.Ed Students	Dr. Bisweswari Sahu, Asst. Prof. Doon Group of Institution Shyampur Rishikesh Dehradun, Uttarakhand
24	Faculty	योग के द्वारा मानसिक स्वास्थ्य प्रबंधन	Dr Anupam Singh, Asst. Prof. Araon Road Sirsaganj Firozabad UP
25	Faculty	Effects of Yoga on Mental and Physical Health	Dr. Dhvani Bankimchandra Desai, Asst. Prof., Govt. Arts and Commerce College, Kachhal
26	Faculty	Organic Corrosion Inhibitors for Industrial Cleaning of Ferrous and non-Ferrous	Dr. Madhusudan Goyal, Asst. Prof. Pt. JLN Govt. College, Faridabad

		Metals in Acidic Solutions: A Review	
27	Faculty	योगाभ्यास द्वारा तनाव प्रबन्धन	Dr.Charu Mishra, Asst. Prof. Dr.B.R.Ambedkar Govt. Degree College, Anaugi, Kannauj
28	Faculty	Socio-Economical study of society due to Covid-19	Dr. Renuka, Asst. Prof. D. Badvane 5,Gauri vihar, Bhagya nagar, old jalna
29	Faculty	Challenges Before Indian Economy : COVID-19	Dr. Pallavi, Asst. Prof. S. Bhavsar Beed by pass, near Ayyappa Mandir
30	Faculty	" योग द्वारा मनोशारीरिक स्वास्थ्य प्रबन्धन "	Dr. Sunita Jaiswal, Govt. Girls P.G. College, Rampur
<b>Vote of Thanks</b>			



## List of Participants



(You are cordially Invited to Join the Inaugural Session)

(Time: 02:30 To 03:10 PM)

1	Sharavansingh Sowamber	Lecturer, University of Technology, Mauritius
2	Balram Singh	KMGPGC, Badalpur
3	Dr. Hamant Kumar	GDC Bilaspur, Rampur (U.P.)
4	Surabhi Singhal	Government Girls Degree College, Kharkhoda Meerut
5	Dr. Umesh Kumar Shakya	Anwalkhera, Agra
6	Raju	Khushro Bagh Rampur (U.P.)
7	Dr. Aashit Kumar Jaiswal	HNB PG College, Naini
8	Dr. Shubha Singh	M B D Govt. Girls Degree College, Anwalkhera Agra
9	Dr. Sahadev	Govt Raza PG College, Rampur (U.P.)
10	Ratnesh kumar Soni	K. N. Govt. P. G. College, Gyanpur (Bhadohi)
11	Sanjeev Kumar Varshney	V.A. Govt. Degree College, Atrauli (Aligarh), 202280
12	Dr. Chandrashekhar Diwakar	Govt. PG College, Mant, Mathura
13	Dr. Anamika Saxena	Govt. Degree College, Punwarka , Saharanpur
14	Dr. Suman Singh	Govt. Girls Degree College, Kharkhauda. Meerut. (U.P.)
15	Dr. Hitendra Kumar Singh	Govt. Raza Post Graduate College, Rampur UP
16	Dr. Sudhi Shrivastava	Dept. Of Zoology , CMP University of Allahabad
17	Dr. Vandana Rathore	Govt. P.G. College, Bilaspur, Rampur
18	Dr. Subedar Yadav	SSSVS Govt PG College, Chunar Mirzapur
19	Dr. Tilak Raj Meena	Guru Ghasidas University
20	Dr. Praveen Kumar Garg	Govt. P.G.College, Bilaspur (Rampur)
21	Dr. Abdul Latif	Govt. P.G. College, Bilaspur (Rampur)
22	Dr. Sharad Kumar Bhatnagar	Govt. Degree College, Punwarka, Saharanpur (U.P.)
23	Dr. Sarita Chaudhary	Faculty
24	Sudheer Kumar Singh	Maharana Pratap Govt. PG College, Hardoi

25	Dr. Jagjivan Ram	Dr. B.R.Ambedkar Govt Degree College, Mainpuri.
26	Darkhasha Azhar	Institute
27	Dr. Govind Chawla	Govt. Degree College, Hathras
28	Dr. Jeet Singh	Mahamaya Govt. Degree College, Sherkot, Bijnor
29	Dr. Rachna balyan	175/1 Prem Puri Muzaffarnagar Uttar Pradesh
30	Sweta Prasad Govekar	Goa University, Goa
31	Mihir Umesh Inamdar	Faculty
32	Baliram Sambhaji Bhuktare	Maharashtra Udayagiri College, Udgir Dist-Latur
33	Ramadge Gangadhar Piraji	Central University of Tamil Nadu.
34	Inamdar Umesh Bhalchandra	Faculty
35	Gophane Nanasaheb Malhari	E.S.Divekar College, Varvand
36	Shraddha Shree Yadav	Gindo Devi Mahila Mahavidyalya Budaun
37	Mr. Salman A. Kaktikar	D. R. K. College, of Commerce, Kolhapur
38	Dr. Kishor Kumar Singh	Govt. P. G. College, Obra, Sonbhadra, UP
39	Dr. Kahkashan Begum	Gandhi Faiz-e-aam College, Shahjajanpur
40	Mayakumari Madanlal Purohit	Vivekanand College, Kolhapur (Autonomous)
41	Divyanshu Kumar Singh	GDC, Bilaspur, Rampur, U.P.
42	Dr. Kavita singh Chaudhary	Govt.PG College, sector 39, Noida
43	Dr Ramesh Kumar Malik	Shivaji college (university of delhi)
44	Radha sharma	Dr. C. V. Raman Unity. Kargi Road kota , Bilaspur (C.G.)
45	Dr. Upendra Kumar Singh	Faculty
46	Dr. Pankaj Yadav	Amapur Road, Kasganj. U. P.
47	Mrs Rani Rajesh Raghuwanshi	Saket College of Arts Science and Commerce
48	Mona Nimesh Dedhia	A. E. Kalsekar College of Commerce and Management
49	Dr Hitesh Kumar Sharma	Vivek College, Bijnor
50	Perinilath Shyni	Annamalai
51	Dr. Rakhi Kumar Shah	Jain (Deemed) –To-Be-University Sos, Bangalore
52	Dr. Rohit Bansal	Department of Management Studies, Vaish College of Engineering, Rohtak
53	Dr. Dattatray Sadashiv Anarse	Veer Wajekar ASC College Phunde Tal. Uran, Raigad
54	Dr. Madhuri Prakash Kamble	Sterling College OF Commerce, Nerul.Navi Mumbai.
55	Abhilash Kaushik	Cotton University
56	N Karthik	K.G. Chavadi
57	Prof Jaysing Govardhan chavare	Arts & Science College Sawarde Tal.Chiplun Ratanagiri
58	Dr. V. Ganesh Kumar	BWDA Arts & Science College, Kolliyangunam, Tindivanam (Taluk), Villupuram (District)
59	Komalpreet Kour	Student
60	Anirudha Bhosale	SGMC, Karad Maharashtra
61	Prof. S. N. Waghmare	K.M.C. College, Khopoli
62	Mrs Archana Suroothiya	R S Govt.Degree College, Lalitpur Jhansi
63	Anupriya saikia	Cotton University , Guwahati, Assam
64	Bhagyarekha Ujjwalganesh Dhaware	Maulana Azad Polytechnic, Solapur
65	Dr. Shalja	Govt, Girls Degree College, Kharkhauda



66	Mona Verma	SAI NSEC, Kolkata
67	Parveen Sharma	H. No.541 Sector 7 urban Estate
68	Dr Rohidas Ganpat Godase	Khare Dhere Bhosale College Guhagar Ratnagiri
69	V. Sree Mahalakshmi	The M.D.T. Hindu College, Research Scholar, Commerce
70	Panna Garg	Cotton University
71	Vinit Kumar	Govt. P.G. College Deoband, Sharanpur
72	Harshad Ramesh Rao	Shri Pancham Khemraj Mahavidyalaya, Sawantwadi
73	Dr Deepa Baliyan	Hindu College, Moradabad
74	Jency Baby	Mercy College, Palakkad, Kerala
75	Dr Divya Nigam	Lala Lajpatrai College, Of Commerce and Economics Mahalaxmi, Mumbai
76	Dr.C.Radha Priya	Al Musanna College, of Technology
77	Dr. Susan Alex	K. P. B. Hinduja College, of Commerce
78	Dr.Ambili Madhu Thampi	K.P B.Hinduja College, of Commerce
79	Dr Poonam Pandey	Asst. Prof. Psychology SDM Govt. P.G. College, Doiwala, Dehradun
80	Mr. Mane Vishwasrao Sadu Mane	Department of – Library and information Science, Shivaji University, Kolhapur
81	Rahul Gangaram Nipunge	Shri Dnyaneshwar Mahavidyalay Newasa
82	Ramesh Chandra	Hindu College, Moradabad (U.P.)
83	Nisha Yadav	KMGG PG College, Badalpur, GBN
84	Dr. Jyoti Yadav	MKR Govt. Degree College, Ghaziabad
85	Dr.K. Kalaiarasi	Cauvery College, for women
86	Ketul Kumar	Designation Student



(You are Cordially Invited to Join the Technical Session -I)

(Time: 03:15 To 04:15 PM)



1	Dr. Jadhav Bhika Lala	G. E. Society's Arts, Commerce and Science College, Jawhar
2	Dr. Reena walia	RPDT Govt. College, Talbehat, Lalitpur
3	Sunil Kumar	Hindu College, Moradabad
4	Dr. Sanjay Kumar Rastogi	Hindu College,
5	Dr.S.Karthik	Kalasalingam Academy of Research and Education
6	Prof. Priya Vijay Pandharpatte	Manjunatha College, of commerce
7	Dr. Ajit Singh Charag	S.S.(PG) College, Shahjahanpur, Uttar Pradesh
8	Dr. Bobby Yadav	MKR Govt . College Ghaziabad
9	Dr Anushree Mahurkar	NTCPE Nagpur
10	Monika	Shivaji College,
11	Rajeshwari Suresh Sangpari	Kamaladevi College of Arts and Aommerce
12	Prajakta Vijay Pandharpatte	Faculty
13	Hashim Gulab Walandkar	Krantisinh Nana Patil College, Walwa.
14	Dr.Sanjay Kumar Singh	Raja Harpal Singh Mahavidyalaya Singramau Jaunpur

15	Dr Meena Yadav	Department of Hindi, Bareilly College, Bareilly
16	Mr. Gaikwad Anil Changdev	G.D.Sawant College, Nashik
17	Musale Nawnath Pandharinath	Sambhajirao Kendre College Jalkot, Latur Maharashtra
18	Dr. Saumitra Sushil Sawant	B. Road, Churchgate, Mumbai
19	Dr. Uma Kant Singh	Shri Baldev P. G. College, Baragaon, Varanasi
20	Dr. Parveen Kadyan	Maharaj Singh College, Saharanpur
21	Jabde Meenal Kaustubh	S.B. Road
22	Bharatbhushan Wamanrao Balbudhe	Swami Vivekanand College, Mukramabad, Ta. Mukhed, Dist. Nanded.
23	Manoj Boda	Faculty
24	Nilima Alias Gouri Balasaheb Khade	Arts and Commerce College Ashta
25	Dr. Om Prakash Gusai	Department of Commerce, Motilal Nehru College, (University of Delhi)
26	Dr. Sonica Sondhi	CGC, Landran, Mohali
27	Dr. D. Muniyappan	Alagappa University
28	Prof. Bandgar Dada Khandu	Rajarshi Shahu Mahavidhyalay Deolali Pravara Tal- Rahuri Dist-Ahmednagar
29	Dr. G. Karthi	Kongu Arts and Science College (Autonomous), Erode
30	Kousikaj	Chikkanna Government Arts College, Tiruppur
31	Vishnu Bhagwan Agarwal	APM PG, College
32	Ravindra Patil	Deolali Pravara
33	Dr. Aditya Kumar Singh	S. S. College
34	Santosh kumar	Govt. Girls Degree College Ahiraula Azamgarh
35	Dr. Vilas Bhanudas Bandgar	Uma Shikshanshastra Mahavidyalya B. Ed. Pandharpur.
36	Dr. Aditya Narayan	Institute of Basic Science, Department of Zoology, B. U. Jhansi (U.P.)
37	Padmavathy. G	Tonakela Camp Road Avadi Chennai
38	Kakasaheb Sarjerao Gaikwad	KVP'S Kisan Arts, Commerce and Science College Parola- Jalgaon
39	Arti Dnyandeo Karale	Rajarshi Shahu Mahavidyalaya, Deolali Pravara
40	Prof. Pravin J. Waghmode	Lokseva KK Korti
41	K.C.Gayathri	Educational Institution
42	Dr. Mohan Lal Goswami	Govt. Girls College Hanumangarh (Raj.)
43	Dr. Devendra Singh	Govt. Girls P.G. College, Rampur (U.P.)
44	Santosh Narayan Handsal	Shishu Vikash School & jr College Kalyan west Dist Thane
45	Sanjay Baranwal	VRAL Govt. Girls Degree College, Bareilly
46	Dr. Pallawi Unmesh Bulakh	Modern College of Arts, Science and Commerce, Ganeshkhind
47	Dr. Shraddha Gupta	Govt Degree College, Budaun
48	Dr. Rajinder Singh	Shivaji College, Delhi University
49	Sumathim	St. Thomas College of Arts and Science, St. Thomas Nagar, Koyambedu, Chennai
50	Dr. Dattatray Dadaso Shinde	Adarsh College, Vits
51	Dr. Birendra Kumar Verma	Gangasheel Mahavidyalaya Nawabganj, Bareilly
52	V. Kumudha	St. Thomas College Of Arts and Science

53	Smt. Sulakshna Kisanrao Bhargande	Sharadchandra Pawar Prashala, Solapur.
54	Dr. Nitin Vinayak Gaikwad	Bharati Vidyapeeths Dr. Patangrao Kadam Mahavidyalaya Sangli
55	Kapildeo Indurkar	R. A. Podar College of Commerce and Economics Mumbai
56	Dr. Javed Ahmed Siddiqui	Department of Botany, D.A-V College, Kanpur
57	Dr. Anant Nana Lokhande	SRM College, Kudal
58	Rakesh	Pt. J. L. N. Govt. College, Faridabad
59	Dr. Nisha Ullah Khan	Associate Prof. & Head, Faculty of Commerce, Hindu College, Moradabad
60	Ashok Kachara Dhaktode	Rajarshi Shahu Mahavidyalaya Deolali Pravara
61	Smt. Rani Shrirang Shinde	Yashwantrao Chavan Mahavidyalaya Pachwad
62	Dr. Vinayak Babu Kurane	B.D.College, Patan Dist-Satara (Maharashtra)
63	Dipali P. Meher	Modern College, Ganeshkhind, Pune
64	Anurag Sharma	One more wants to register



(You are Cordially Invited to Join the Technical Session -II)

(Time: 04:20 To 05:20 PM)



1	Dr.Arjun Shivaji Wagh	Shahu Nagar, Godoli, Satara
2	Dr. Pradip Ashok Saymote	SVKM's Mithibai College, Mumbai, Vile Parle
3	Dr. Tathe Sarjerao Vishwanath	Sant Ramdas College, Ghansawangi Dist Jalna
4	Dr. Mahmedhusen Abdulgani Patil	Shri. Vijaysinha Yadav Mahavidyalaya Pethvadgaon Dist. Kolhapur
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6	Dr T.Selvaganapathi	St Thomas College of Arts and Science
7	Dr. Ratna Sharma	Guru Nanak Khalsa College, Mumbai
8	Sunil Kumar Maurya	Village And Post-Kanawani Jaunpur
9	Dr. Kamble Anil Gahininath	College of Education Barshi Dist- Solapur
10	Gariyoshi Saikia	M.D.K.G. Science, Dibru Garh Assam
11	Dr.Mahendra Pal Singh Yadav	Govt. Raza Post Graduate College,Rampur U.P.
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15	Dr. T. Gunasekar	Avadi, Chennai
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21	Dr. Umesh Kumar Dhamija	Drishti, Narangwal, Ludhiana
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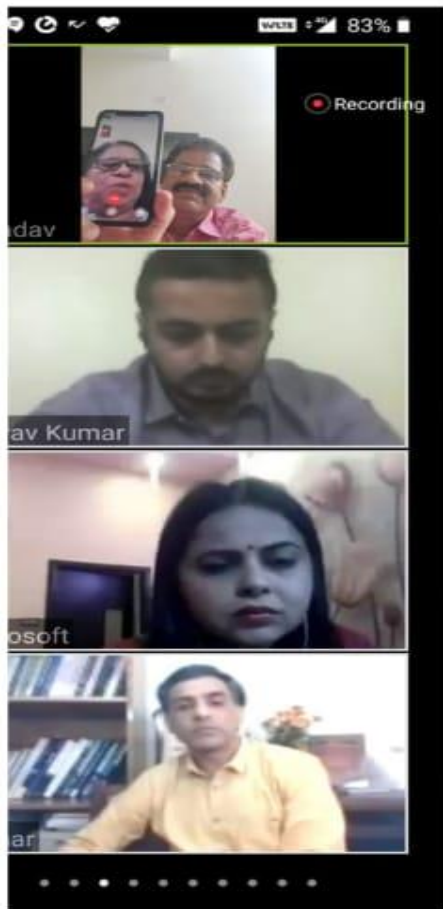
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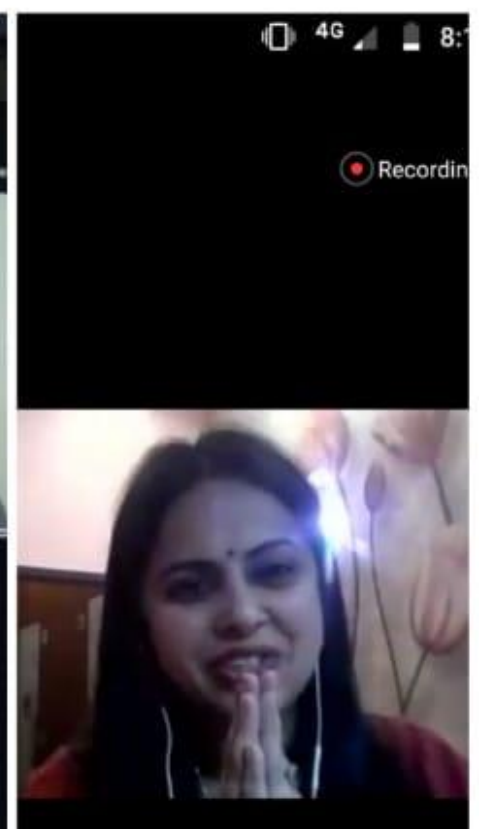
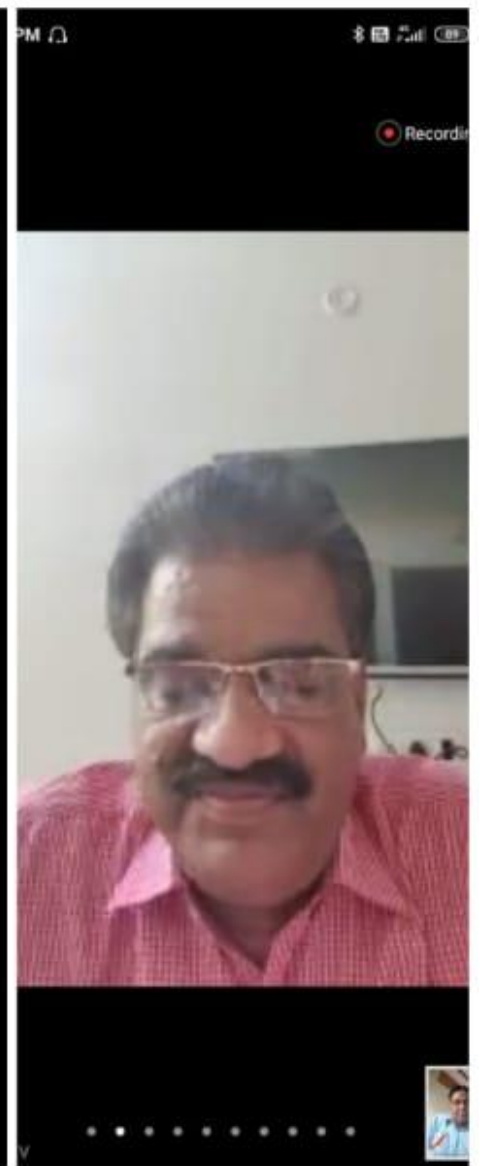
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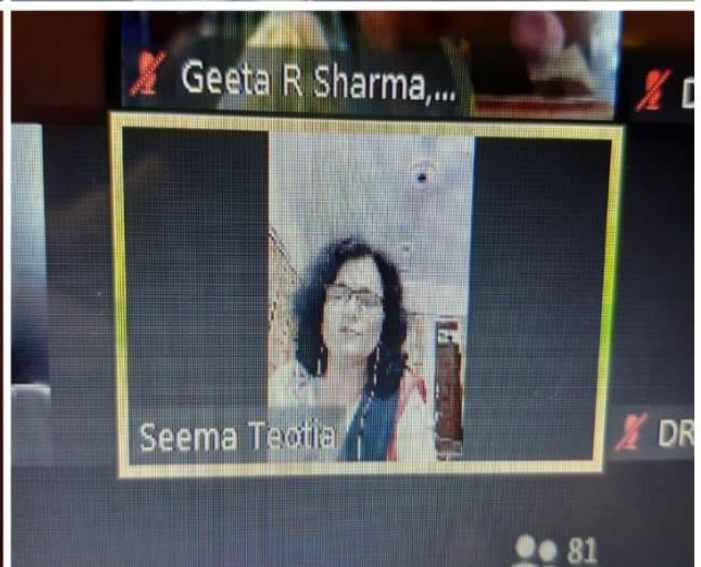
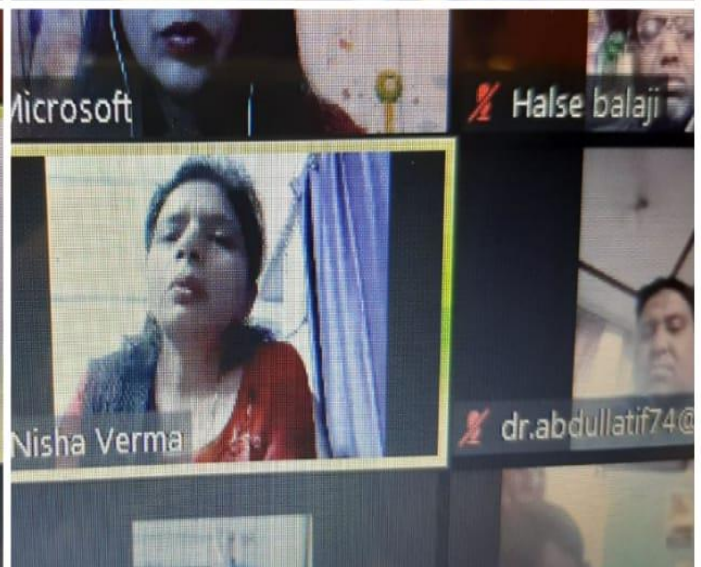
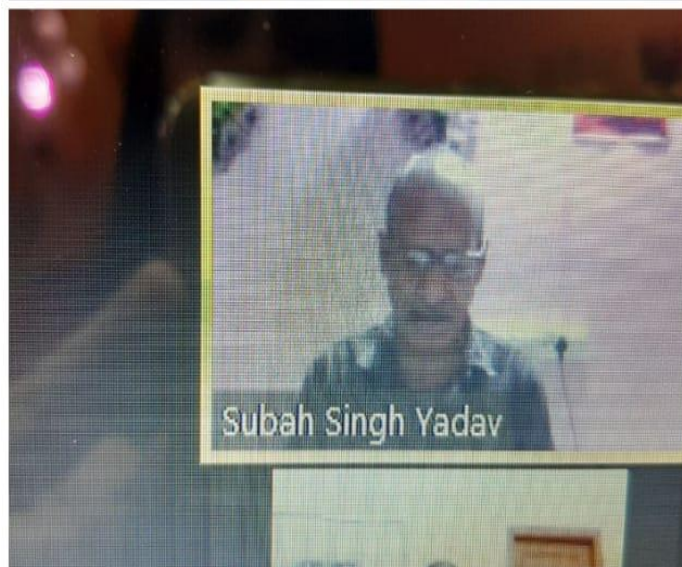


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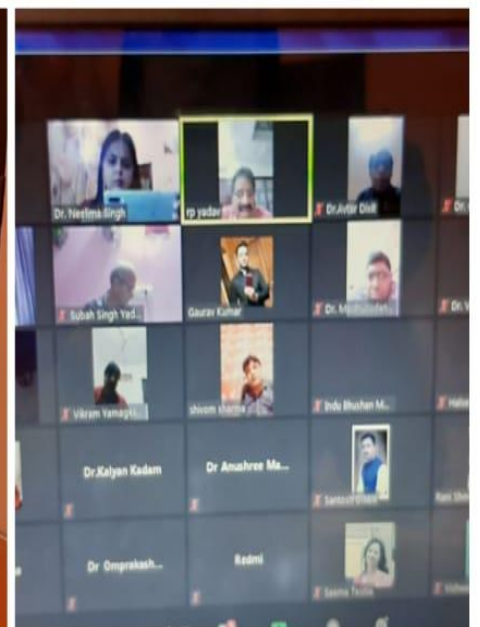
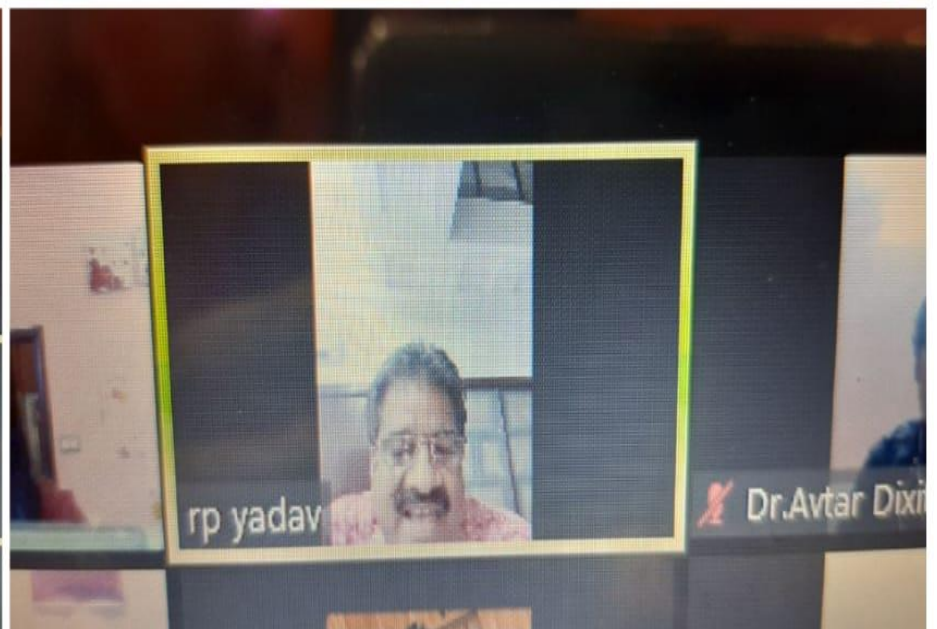
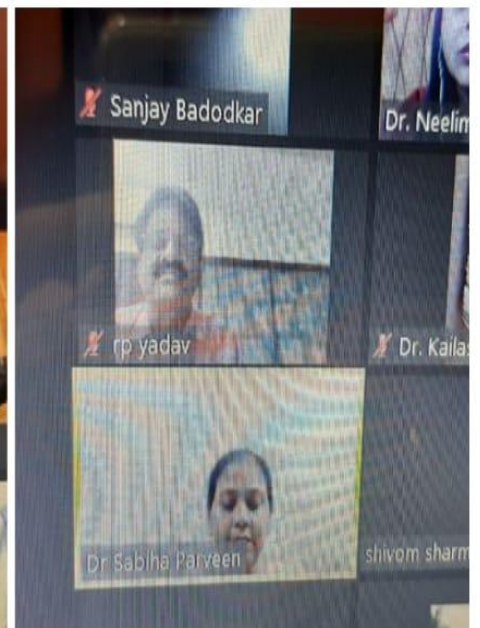
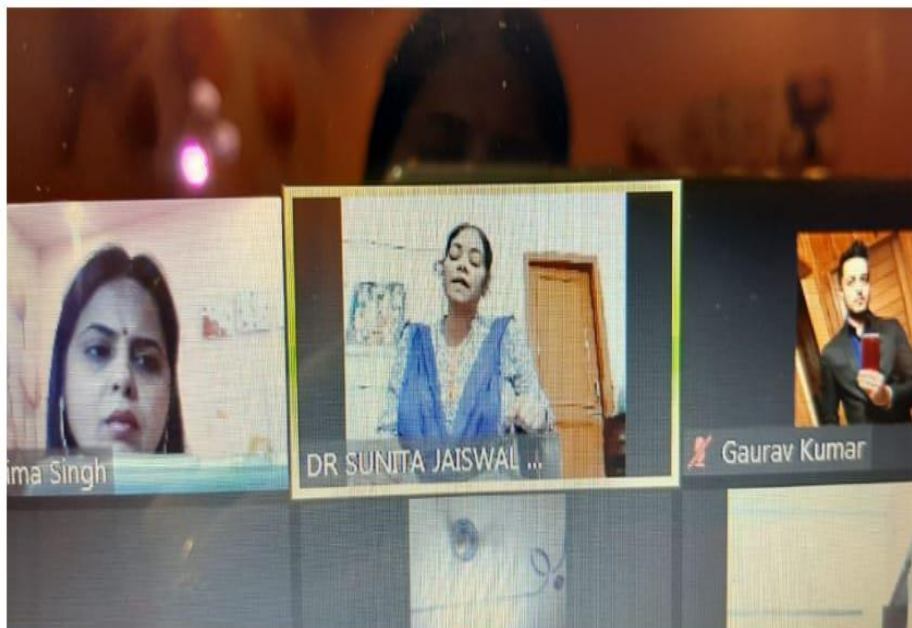




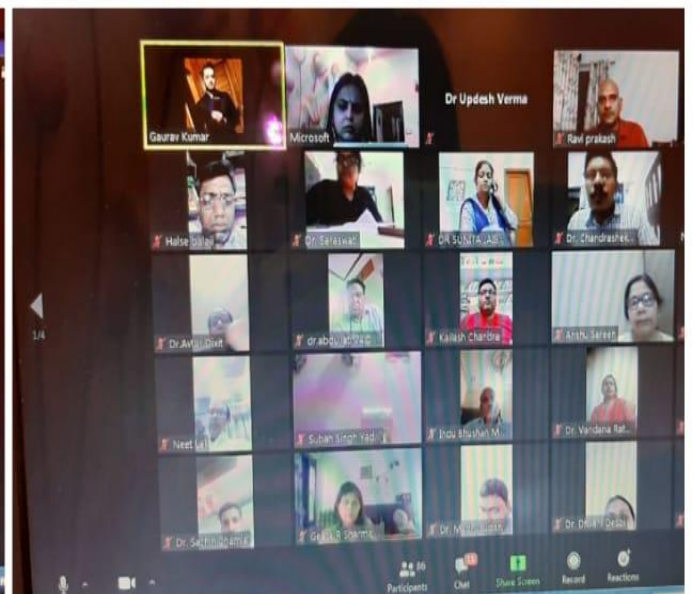








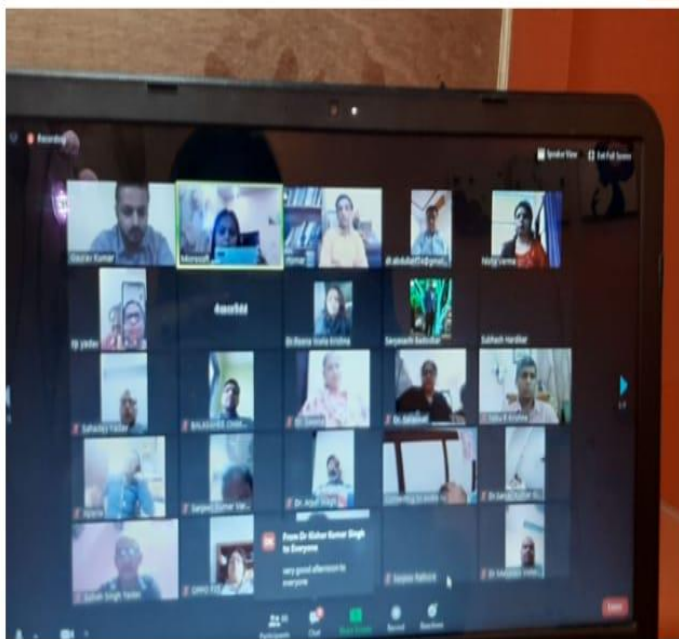
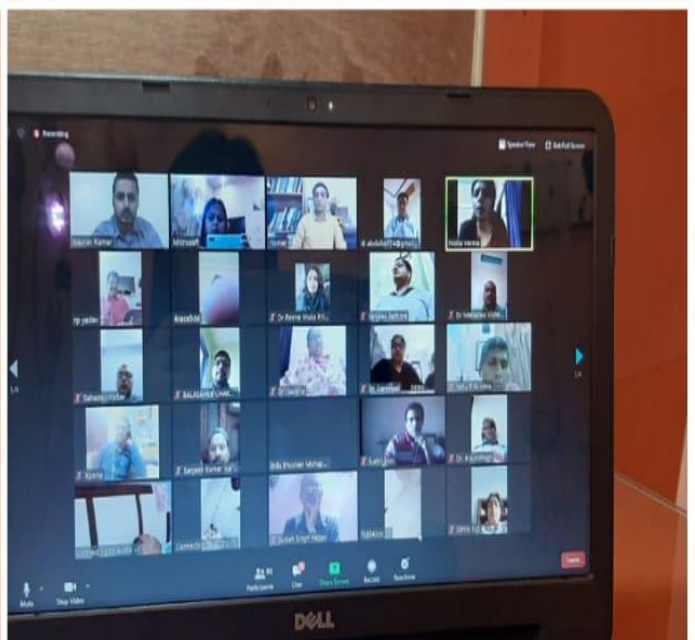
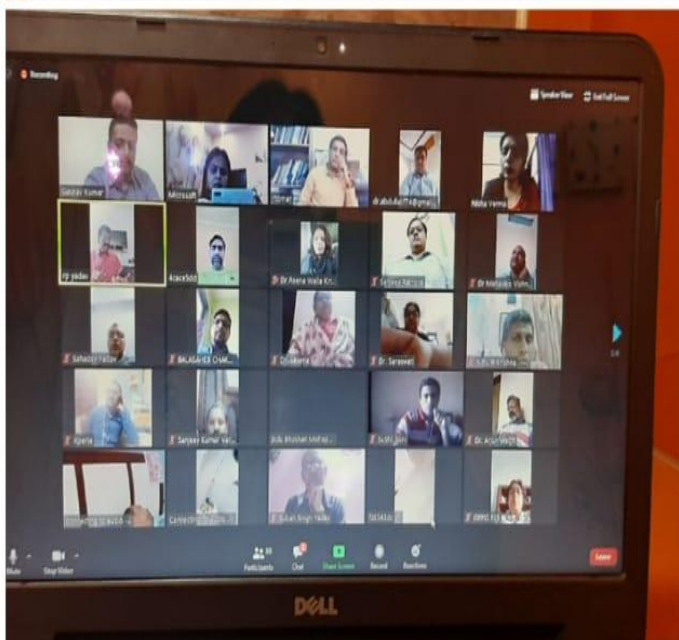
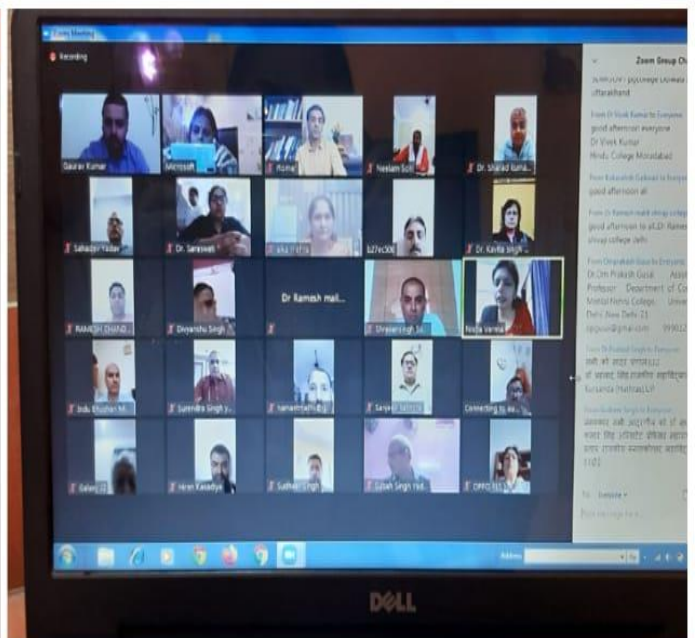
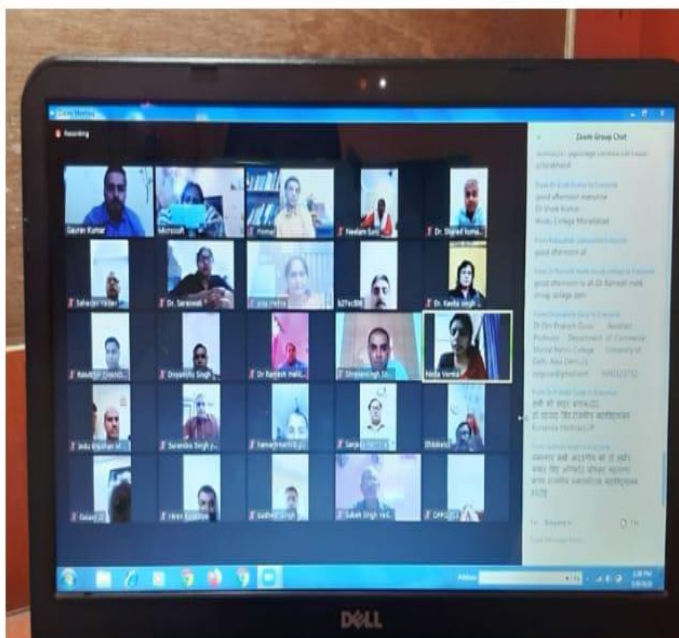


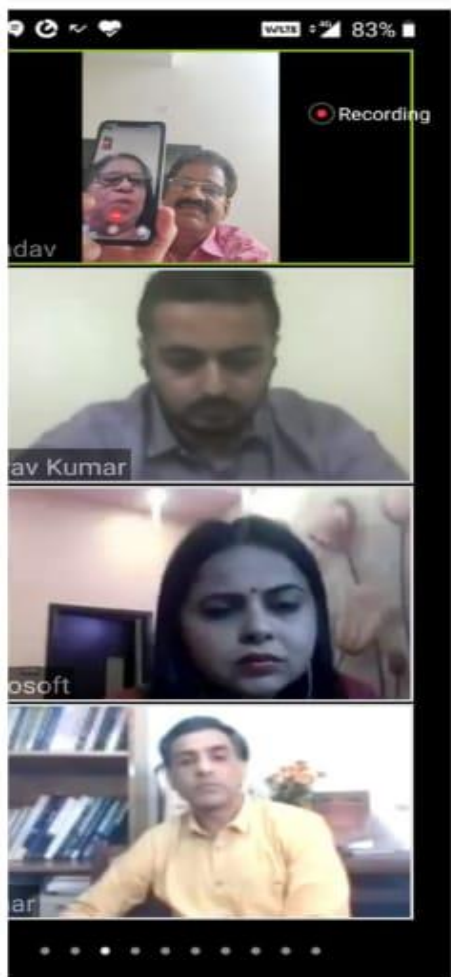














# योग और ध्यान अच्छे स्वास्थ्य के लिए जरूरी: डा. राकेश तोमर

रामपुर (विधान केसरी)। स्वास्थ्य प्रबंधन विषय पर राजकीय बिलासपुर डिग्री कालेज में ऑन लाइन अन्तर्राष्ट्रीय ई-संगोष्ठी का आयोजन किया गया।

योग और ध्यान अच्छे स्वास्थ्य के लिए जरूरी हैं। तनाव और चिंता आज हमारे जीवन का अंग बन चुके हैं। इस तनाव और चिंता से मुक्ति के लिए हमें जीवन में योग और ध्यान को अपनाना चाहिए। योग और ध्यान हमारे शरीर से बहुत से विकार दूर कर देते हैं यह बात अन्तर्राष्ट्रीय ई-संगोष्ठी में बतौर मुख्य वक्ता की हैसित से बोलते हुए सऊदी अरब के किंग फहद विवि के प्रोफेसर डा. राकेश तोमर ने कही। इस मौके पर डा. वंदना शर्मा ने कहा कि आज के संदर्भ में यह अन्तर्राष्ट्रीय ई-संगोष्ठी बहुत अधिक प्रासंगिक हैं। उन्होंने कहा कि हमें अपने शारीरिक व मानसिक स्वास्थ्य पर ध्यान देने की जरूरत है। इस ई-संगोष्ठी में महाविद्यालय के प्राचार्य प्रो. डा. आरपी

यादव ने सभी अतिथियों एवं प्रतिभागियों का स्वागत किया। उन्होंने कहा कि आज देश और दुनिया में कोरोना वायरस से उत्पन्न हुए लॉक डाउन में देश की 90 प्रतिशत जनता तनावग्रस्त हो गई हैं। इस चिंता का योग और ध्यान से ही दूर किया जा सकता है। ई-संगोष्ठी का संचालन वेबिनार की संयोजक डा. नीलिमा सिंह एवं डा. निशा वर्मा ने किया। ई-संगोष्ठी का धन्वयाद ज्ञापन हिन्दी विभाग के प्रभारी एवं महाविद्यालय के समारोहक डा. अब्दुल लतीफ ने सभी अतिथियों एवं प्रतिभागियों के शोध पत्र पर संक्षिप्त टिप्पणी देकर किया।

इस मौके पर डा. पीके गर्ग, डा. इंदु भूषण महापात्र, डा. हेमन्त कुमार, डा. नीत बिहारी लाल, डा. शिवओम शर्मा, डा. अवतार दीक्षित, डा. वंदना राठौर, डा. दिव्यांशु कुमार सिंह आदि मौजूद थे। २२२





मेरे इलाके की खबर, मेरे Way2News पर . डाउनलोड



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## इंटरनेशनल ई-सेमिनार में कोरोना से बचाव के लिए योग-ध्यान पर चर्चा

बिलासपुर के राजकीय डिग्री कॉलेज के प्राध्यापकों ने रविवार सवेरे इंटरनेशनल ई-सेमिनार में आयोजित चर्चा में भाग लिया। मुख्य वक्ता सऊदी अरब की किंग फहद यूनिवर्सिटी के प्रो.डॉ.राकेश तोमर ने कोरोना से उत्पन्न तनाव के निवारण में योग व ध्यान की चर्चा की। उच्च शिक्षा निदेशक डॉ.वंदना शर्मा व कॉलेज के प्राचार्य प्रो.आरपी यादव, डॉ.अब्दुल लतीफ, डॉ.नीलिमा सिंह, डॉ.अवतार दीक्षित, डॉ.शिवओम शर्मा आदि शामिल रहे।

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**सुपर न्यूज़ लीडर 7**

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भदोही से श्रमिक बापसी पर जताया शीर्ष नेतृत्व का आभास

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### पूँज में हारों

(एक-2)  
 2. हारों में 2 हारों का खेल  
 3. हारों में 3 हारों का खेल  
 4. हारों में 4 हारों का खेल  
 5. हारों में 5 हारों का खेल  
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 9. हारों में 9 हारों का खेल  
 10. हारों में 10 हारों का खेल

### झापा में गीरी

2.1. झापा में 2 गीरी  
 2.2. झापा में 3 गीरी  
 2.3. झापा में 4 गीरी  
 2.4. झापा में 5 गीरी  
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 2.6. झापा में 7 गीरी  
 2.7. झापा में 8 गीरी  
 2.8. झापा में 9 गीरी  
 2.9. झापा में 10 गीरी

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